

Additional Items for Shelter

- Extra water for washing purposes
- Hand basin
- Disinfectant
- Detergent
- Paper towels
- Battery radio
- Bunks or folding cots
- Covered can or chemical toilet
- Polyethylene bags for toilet
- Toilet tissue
- Covered garbage cans
- Garbage bags
- Fire extinguisher (non-carbon tetrachloride)

Gas

Never let your car tank get less than half full of gasoline.

Your Emergency Pack

In the event of a nuclear war or other emergencies — floods, fires, storms, hurricanes — individuals, families and other groups may have to take shelter or evacuate. You could be isolated from supplies, without cooking facilities, safe water and other regular utilities and services. During this period you will need water, food and other essentials to survive.

To be ready for such eventualities, you should have an Emergency Pack consisting of at least a 7-day — preferably a 14-day — supply of water and food for emergency use. The items can be ready and stored ahead of time or assembled quickly to use in a shelter in or near your home, or to take with you if you evacuate. This pamphlet suggests items to include in your Emergency Pack. The recommendations are based on the requirements of one adult for 7 days.

Pack should include: water, food, eating utensils, other items.



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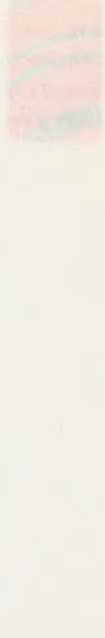
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Item	Suggested Quantity	Choices or Alternates	Remarks
WATER			
For Shelter 9 litres (2 gallons) per person		Canned juices, soft drinks and other fluids can substitute for some of the water.	Use water from an approved source.
For Evacuation At least 2 litres (2 quarts) per person in trunk of car			Suggested quantities are for drinking purposes only.
or As much water as you can carry if you do not have your own car			Emergency sources of water in your own home include melted ice cubes and the hot water tank after the water source valve has been closed.
			Use clean thermos jugs, hot-water bags, plastic or other suitable containers with tight fitting covers, caps or stoppers to store and transport water. Pack to avoid breakage.
			Change stored water once a month.
FOOD			
Milk	2 cans evaporated — 454 g (1 lb.) each	Skim milk powder — 227 g (½ lb.)	Suggested quantities are adequate for one adult for 7 days, but could be extended for a longer period if necessary.
Main Dish Items	Sufficient cans to provide per person per day: About 120 g (4 oz.) meal, fish, poultry or 250 ml (1 cup) ready-to-eat meals	Canned meats, fish, poultry. Canned meat spreads Ready-to-eat meals (stews, baked beans, spaghetti and macaroni mixtures, etc.). Ready-to-serve canned soups. Instant soup mixes (for situations where hot water will be available). Canned or instant formula diets	Suggested foods consist of commonly available canned and dried items which keep well without refrigeration and require little or no preparation. Include infant foods and foods for special dietary conditions as required. Choose cans which contain enough for one meal according to size of your family. Consider individual food preferences and appetites. Keep the food in a cool, dry place; inspect every 6 months and rotate where necessary (at least once a year). Turn cans of evaporated milk end to end every 3 months to prevent curdling.

Item	Suggested Quantity	Some Choices or Alternates	Remarks
Juices, Fruits and Vegetables	3 cans juice – 540 ml (19 oz.) each (or equivalent quantity) 4 cans fruit – 284 ml (10 oz.) each (or equivalent quantity) 4 cans vegetables – 284 ml (10 oz.) each (or equivalent quantity)	Apple, grapefruit, orange, tomato, vegetable juice. Packaged fruit beverage crystals Applesauce, apricots, fruit cocktail, peaches, pears, pineapple, plums Corn Green or wax beans Peas Tomatoes	Keep suitable containers ready to transport the food. Some possibilities are: • suitcase • cardboard carton tied with strong cord • mesh shopping bag • canvas or utility bag with handle • covered picnic basket
Biscuits and Cereals	1 package (individual servings) ready-to-eat cereals Crackers – 454 g (1 lb.) 1 package sweet biscuits or cookies 1 small jar jam 1 small jar peanut butter	1 package instant cereal (if hot water is available) Plain biscuits Canned fruit breads Graham wafers Melba toast Crisp rye products Individual canned puddings	
Spreads		Honey, jelly, marmalade, Cheese spread	
Beverages	1 small jar instant coffee 1 small package tea bags 1 small jar beverage whitener Sugar	Instant hot chocolate	
Other Foods	1 shaker salt Other condiments as desired Candy Dried fruits Nuts Chewing gum (quantities as desired)	Hard candy or candy bars. Dates, prunes, raisins	Pack sugar in jar or covered plastic container.
EATING UTENSILS AND OTHER SUPPLIES	1 package disposable cups 1 package disposable plates 1 fork 1 knife 1 spoon Disposable spoons 1 bottle opener 1 can opener 1 saucepan 1 roll aluminum foil Paper napkins or tissues Plastic bags	Non-breakable cup or mug for single use Foil or paper, or non-breakable plate for single use	Sturdy, non-breakable for single use and cutting purposes For supplementary use, mixing, etc. To protect leftover food items For empty cans, food wrappings, etc.



Special Requirements of Children

- (1) For each infant, include 7 cans evaporated milk – 454 g (1 lb.) each; 13 litres (about 3 gallons) water; and baby foods for 7 days.
- (2) For each child up to 3 years, include 4 cans evaporated milk – 454 g (1 lb.) each; and 13 litres (about 3 gallons) water. Decrease suggested quantities of other foods according to appetite.
- (3) Food for older children can be the same as for adults; adjust quantities according to appetite.

If you do not have your own car, plan now how much water and food you can carry if you have to evacuate. Select accordingly.

Other Items

In addition to food and water, there are other items which should be included in your Emergency Pack to ensure survival, to make living easier, to improve sanitation and to guard against strain.
Some of these items are essential for both a shelter and for the trunk of the car; desirable items are a matter of choice.
If you do not have your own car, keep at least the essential items with your water and food.

Essential

- Blanket (at least one per person)
 - Blanket pins (8)
 - Safety matches
 - One pair wool socks (per person)
 - Infant care items (if required)
 - Essential medicines (e.g., insulin, heart medicines, analgesics, etc.)
 - First aid kit
- Candles, flashlight and batteries, axe, shovel